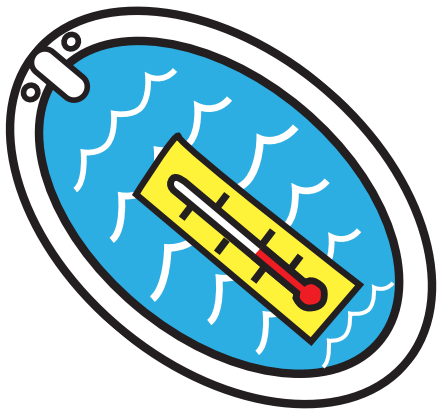
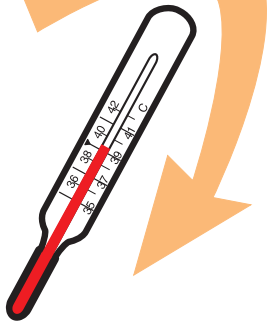


## How Hot Is Your Water?



The water from your faucet should be no hotter than 120°F. If it's too hot. . .

## Turn It Down!



1. Turn down your water heater setting yourself.
2. Ask your plumber to turn down your water heater setting.
3. Call your landlord.

## Hot Water Can Cause Serious Burns

Hot tap water, when it reaches 140°F, can cause a third-degree burn in just 5 seconds. A child placed in bath water at that temperature can be seriously, even fatally, burned.

Step one in keeping a child safe from tap water scalds is to turn down your hot water heater to 120°F or less. Bath water temperature should not exceed 100°F, because a child's delicate skin will burn more quickly than an adult's.

The best way to prevent accidental burns is to continuously supervise your child. A small child being bathed in the sink or tub can grab the hot water faucet and turn it on.

Coffee, tea and soup can also be hot enough to burn a child. Never carry your baby and hot liquids or foods at the same time.

Experts say that burn accidents frequently occur when parents or caregivers are in a hurry, angry or under a lot of pressure. Learn to recognize when you are feeling angry or stressed and try some "cooling off" techniques, like counting to ten or listening to music.

**The most painful burn is the one you could have prevented.**

*Adapted from the National Safe Kids Campaign*

# Hot Water Safety



## For Families with Small Kids



**Prevent Child Abuse  
Virginia**

4901 Fitzhugh Avenue, Suite 200  
Richmond, Virginia 23230 804-359-6166

1-800-CHILDREN

## Do You Know How To Fill A Bathtub?



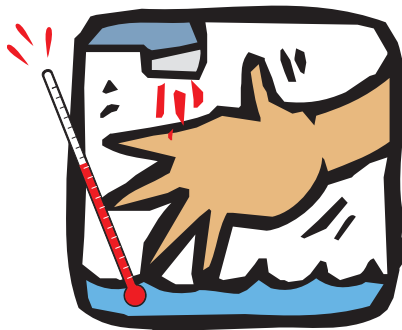
1. First turn on the cold water.
2. Then add hot water. When the tub is almost filled, turn off the hot water.
3. Then turn off the cold water.

**Remember,  
Don't Put Your Child  
in the Bathtub**



**While the Water  
is Running!**

## Check the Water With Your Hand!



Children have sensitive skin. It can burn easier than adult's skin. That's why you should always check the water.

Put your hand all the way in the water. Spread your fingers. Move your hand back and forth throughout the length of the tub to check for hot spots.

**Then, Put Your Child  
in the Tub.**



## Always Stay With Your Child



Do not answer the phone  
or the door.

If you must leave the bathroom  
take your child with you.



Some kids can turn the water on  
by themselves. It only takes  
**seconds**  
for small kids to drown  
or burn themselves.